PHYSICAL EDUCATION

Departmental Office: 336 Dodge Physical Fitness Center; 212-854-3439; perec.columbia.edu.

Director of Undergraduate Studies: Director of Physical Education and Recreation, Jeffrey Ryder, 332 Dodge Physical Fitness Center; phed@columbia.edu; 212-854-4001

Departmental Administrative contact: 212-854-3439

The Physical Education Department offers a variety of activities in the areas of aquatics, fitness, martial arts, individual/ dual sports, team sports, and outdoor education. Most of the activities are designed for the beginner level. Intermediate/advanced courses are offered at selected times. All courses are designed to develop and/or improve skills and knowledge, increase physical activity, and promote well-being. Courses aim to promote holistic, sustainable opportunities to engage with physical activity and physical well-being concepts. A major goal is to provide a positive, enjoyable experience for students, leading to the development of an active, healthy lifestyle.

The majority of the courses are offered in ten time preferences. However, there are early morning classes, Friday-only classes at Baker Athletics Complex, and specialty courses that utilize off-campus facilities during weekends. A description of the scheduled activities for each time preference is included in the Department of Physical Education website. A list of the activities for the term is included in the Directory of Classes and on the website. Students may select physical education courses during online registration. Students may register for only one section of Physical Education each term.

Physical Education Requirement

Successful completion of two Physical Education courses is a Columbia College requirement that students are advised to complete by the end of the first year. Students may elect to take one or two additional terms of Physical Education Activities for credit. Students receive 1 point of academic credit for each completed term of physical education for a possible total of 4 points.

For more information on this requirement, please visit the Core Curriculum—Physical Education Requirement section of the bulletin.

Medical Conditions

Students who request to have their Physical Education activities limited or waived because of a medical condition should contact the Director of Undergraduate Studies for Physical Education. In some situations, students may require an evaluation by a clinician at Health Services at Columbia in order to receive a waiver. In consultation with the Director of Physical Education, students may be instructed to contact Dr. Melanie Bernitz, Senior Vice President for Columbia Health, who facilitates these evaluations.

Grading

The grading in all physical education courses is Pass/Fail. Students who fulfill the attendance and participation requirement receive a Pass. Those who miss more than the permissible number of classes and who do not drop the course by the official drop deadline receive a W (Withdrawal), UW (Unofficial Withdrawal), or F (Fail). Those who anticipate attendance problems should contact their instructors or the Director of Undergraduate Studies for Physical Education.

Swim Test

All students are also required to pass a swimming test or take beginning swimming for one term to fulfill the swimming requirement. A waiver of the swimming test requirement may be granted if a student has a disability certified by a medical authority that precludes swimming. Students may also request waivers and accommodations on the grounds of religious observance or gender identity/expression. All requests for waivers and accommodations are reviewed by the Director of Physical Education.

Intercollegiate Athletics

Students who are participating on an intercollegiate team should register for the appropriate team section of PHED UN1005 INTERCOLLEGIATE ATHLETICS. Intercollegiate athletes are responsible for taking the swimming test. Student-athletes who cannot pass the test should take beginner swimming at the first possible opportunity. Student-athletes who register correctly and participate on a team receive a Pass; those who drop off a team in midterm and still wish to receive academic credit must notify the Physical Education Office and be placed in an activity to complete the attendance requirement. Otherwise, the student must officially drop Intercollegiate Athletics or they receive a mark of W (Withdrawal).

Director of Physical Education Programs

Jeffrey Ryder

Associates
Jack Abelson
Colin Allison
Michael Aufrichtig
AI Bagnoli
Paige Barre
Tracey Bartholomew
Alexandra Bassetti
Kayla Bautista
Joseph Blasetti
James Bolster
Brett Boretti
Jake Brown
Alex Canale
Tobe Carberry
Tom Carty
Diana Caskey
Demereae Christianson
Simon Cleary
Stephen Conway/Le
Sean Cooper
Tyler Cordell
Theodore Cowling
Nicholas Cruz
Emerson Curry
Derek Davis
Katie DeSandis
Laki Djokovic
Scott Donie
Howard Endelman
Jim Engles
Aliza Feuerstein
Wilfred Frederic
Liv Gardner
Lea Georgatos
Ralph Green
Meg Griffith
Matt Hall
Jumpei Harada
Andrew Hess
Cole Hester
Dan Ireland
Brian Jines
Olivia Kelly
Amphone Keovongmanysar
Anastasia Kirtiklis
Laurel Korholz
Beth Krysiak
Eliana Laessig
Andrew Laiosa
Tierney Larson
Gustavo Leal
SeoungWoo Lee
Frank Lisante
Reanna Lizardo
James McDermott
Yuki Miyazawa
Rich Mueller
Anne Murray
Shannon Nee
Sara Negrette
Meghan Negron
Joseph Nord
Gina Orlando
Kristen O’Rourke
Nich Lee Parker
Ken Pollard
Melanie Rodriguez
Franky Rosseland-Harrison
Sophia Rouze
Skyler Russo
Chris Sachvie
Tamara Sagadore
Andrew Sanchez
Patrick Santiago
Daniel Segui
Steve Shulman
Akhnaten Spencer-El
Zach Tanelli
Jen Teague
Tom Terhaar
Selma Trevino
Dan Tischler
Amanda Ventura
Nayelly Walker
Chad Walsh
Samantha Warren
Amy Weeks
Ilene Weintraub
Thomas Wenk
### PHED UN1001 PHYSICAL EDUCATION ACTIVITIES. 1.00 point.
The times listed in the on-line Directory of Classes are the actual class times for each time preference. A description of the scheduled activities for each time preference is posted on the department Web site, perec.columbia.edu.

#### Fall 2023: PHED UN1001

<table>
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<tr>
<th>Course Number</th>
<th>Section/Call Number</th>
<th>Times/Location</th>
<th>Instructor</th>
<th>Points</th>
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<td>23/30</td>
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### PHED UN1002 PHYSICAL EDUCATION ACTIVITIES. 1.00 point.
The required Physical Education program offers a variety of activities in the areas of strength training, dance, cardio fitness, martial arts, individual and dual sports, team sports, and outdoor education. It is our goal that the experiences provided by these activities will contribute to the development of an active, healthy lifestyle.

#### Spring 2023: PHED UN1002

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<tr>
<th>Course Number</th>
<th>Section/Call Number</th>
<th>Times/Location</th>
<th>Instructor</th>
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### PHED UN1005 INTERCOLLEGIATE ATHLETICS. 0.00-1.00 points.

**Spring 2023: PHED UN1005**

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<td>Nicholas Parker, Jeffrey Ryder</td>
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### PHED UN3998 INDEPENDENT STUDY. 1.00 point.

**Independent Study**

**Spring 2023: PHED UN3998**

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<th>Course Number</th>
<th>Section/Call Number</th>
<th>Times/Location</th>
<th>Instructor</th>
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**Fall 2023: PHED UN3998**

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